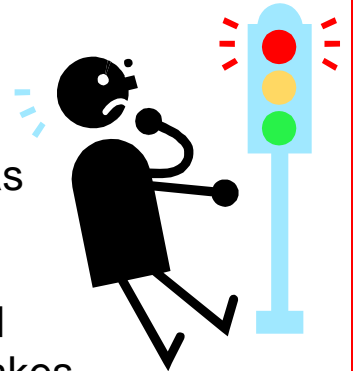


Barriers to Physical Activity

Ever feel like something always gets in the way of doing physical activity? Here is a list of the more common barriers to physical activity along with ideas on how to overcome them.



Do you feel embarrassed about your weight and being seen by others? Being physically active makes you feel healthy and good about yourself almost immediately. Once you feel good, it's easy not to worry so much about how you look. You'll be surprised how supportive people will be.

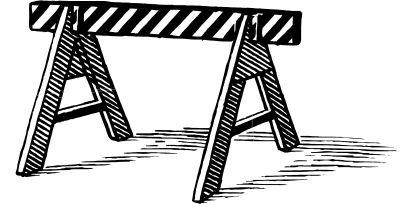
Have you had little practice or a bad experience with physical activity in the past? Start slowly with something that you might like. If you joined a gym before and hated it, then try something totally different like walking with a friend or taking dance classes.

Not in the mood to exercise or have little motivation? When you exercise your mood almost always improves. Once you start moving you usually become motivated to do more because it makes you feel so good. Next time you're not in the mood, try some physical activity and you'll be amazed!

Does the hot and/or cold weather stop you from being physically active? You don't have to exercise outdoors. There are lots of activities you can do inside. You could walk the mall; get an exercise tape from the local library; use items around the house for strength training such as canned foods; join the local YMCA or other health facility; or put on some music and dance.



Barriers to Physical Activity



Do you have difficulty finding the time to be more physically active?

Every bit of activity helps. Spreading exercise over the day in several 10-minute bouts works just as well as exercising all at once. Add physical activity to other daily routines (for example: walk to the store, take the stairs, park farther away and walk, exercise at your desk or while watching TV).

Aren't physical activities expensive? There are lots of physical activities you can do at little or no cost. (Examples: walking, using household items for weights, working in the yard, free or low-cost community events).

Think physical activity will make your pain worse? In most cases, regular physical activity reduces pain over time.

Are you afraid of getting hurt? Learn how to warm up and cool down to prevent injury. Choose activities that have minimal risk such as walking. Consult your doctor if pain is severe or persistent.

Feel like you have no support? Ask for help from family and friends. Find a physical activity buddy.

Does stress get in the way of physical activity? This does not have to stop you from being physically active. Get help. Ask your primary care provider.

